

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.



30 Soft Gels  
**FREE**

Omega-3s EPA & DHA  
**Cod Liver Oil**  
Lightly Lemon *Gems™*

DIETARY SUPPLEMENT

Promotes Heart, Brain, Vision and Joint Health\*

30 Soft Gels: 1000 mg

## Supplement Facts

Serving Size 1 Soft Gel

|                                           | Amount Per Soft Gel | % DV |
|-------------------------------------------|---------------------|------|
| Calories                                  | 10                  |      |
| Calories from Fat                         | 10                  |      |
| Total Fat                                 | 1 g                 | 2%** |
| Cholesterol                               | <5 mg               | 2%   |
| Vitamin A (from Cod Liver Oil)            | 150 IU              | 3%   |
| Vitamin D3 (from Cod Liver Oil)           | 80 IU               | 20%  |
| Vitamin E (as natural d-Alpha Tocopherol) | 2 IU                | 7%   |
| Norwegian Cod Liver Oil                   | 1000 mg             | †    |
| Total Omega-3 Fatty Acids*                | 230 mg              | †    |
| EPA (Eicosapentaenoic Acid)*              | 85 mg               | †    |
| DHA (Docosahexaenoic Acid)*               | 100 mg              | †    |

\*\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established. \*Reported as triglycerides.

Other Ingredients: Natural lemon flavor. Soft Gel Shell: Beef gelatin, glycerin, water. Contains fish (cod).

Extensive research suggests that the polyunsaturated Omega-3s EPA & DHA provide extraordinary health benefits.\* Cod Liver Oil soft gels provide 85mg of EPA and 100mg of DHA, and are a natural source of Vitamins A & D.

**Directions:** Adults take one soft gel one to five times daily, **at mealtime**.

✓ **Gluten-free** ✓ **Preservative-free** ✓ **Salt-free**

### PURITY GUARANTEED

This product is regularly tested (using AOAC international protocols) for freshness, potency and purity by an independent, FDA-registered laboratory and has been determined to be fresh, fully-potent and free of detrimental levels of mercury, cadmium, lead, PCBs and 28 other contaminants.

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